



Faculty of Cognitive Sciences and Human Development

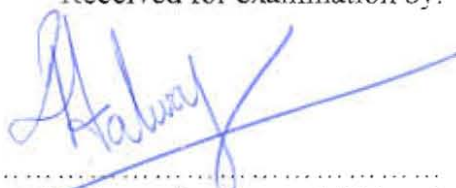
**A STUDY OF THE RELATIONSHIP BETWEEN SELF-ESTEEM AND
AGGRESSIVE BEHAVIOUR AMONG ADOLESCENT**

Anne Chiew Pei Chier

**Bachelor of Science with Honours
(Cognitive Science)
2017**

The project entitled 'A study of relationship between self-esteem and aggressive behavior among adolescent' was prepared by Anne Chiew Pei Chier and submitted to the Faculty of Cognitive Sciences and Human Development in partial fulfillment of the requirements for a Bachelor of Science with Honours (Cognitive Science)

Received for examination by:



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(Associate Professor Dr. Prasanth Talwar)

Date:

9th June 2017

Grade A

**THE RELATIONSHIP BETWEEN SELF-ESTEEM AND AGGRESSIVE
BEHAVIOUR AMONG THE ADOLESCENT**

ANNE CHIEW PEI CHIER

This project is submitted
in partial fulfilment for the requirements for a
Bachelor of Science with Honours
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Faculty of Cognitive Science and Human Development
UNIVERSITI MALAYSIA SARAWAK

2017

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TABLE OF CONTENTS

LIST OF TABLES.....	vii-viii
LIST OF FIGURES.....	ix
ABSTRACT.....	x
ABSTRAK.....	xi
CHAPTER 1: INTRODUCTION	
1.0 Introduction.....	1
1.1 Background of study.....	2-5
1.2 Problem Statement	5
1.3 Objectives	
1.3.1 General Objective	6
1.3.2 Specific Objectives.....	6
1.4 Hypothesis.....	6-7
1.5 Theoretical Framework.....	7-11
1.6 Definition of Terms.....	8-11
1.7 Significance of Study	11
1.8 Limitations of Study.....	11
CHAPTER 2: LITERATURE REVIEW	
2.0 Introduction.....	12
2.1 Self Esteem.....	12-22
2.2 Aggression	14-20
2.2.1 Physical Aggression.....	20-21
2.2.2 Verbal Aggression.....	21
2.2.3 Anger	21-22
2.2.4 Hostility	22
2.3 The Relationship Between Self-esteem and Aggression.....	23
2.3.1 Bandura's Social Learning Theory	24-25
2.3.2 Baumeister's Low self-esteem theory.....	25-27
2.3.3 Narcissism and Threatened Egotism Theory.....	27-30
2.3.4 Unrealistic Self-esteem.....	30-31
2.3.5 Interpersonal Context	31-33
2.3.6 Emotion Dysregulation	34
2.4 Demographic and Aggression.....	34-35
2.4.1 Gender.....	35
2.4.2 Race.....	35
2.4.3 Age.....	36

2.4.4 Religion.....	36
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CHAPTER 3: RESEARCH METHODOLOGY

3.0 Introduction.....	37
3.1 Study Design.....	37-38
3.2 Population and Sample Size.....	38
3.3 Instrument.....	38-39
3.4 Pilot Study	39-40
3.5 Ethics of Study.....	40
3.6 Data Collection Procedure	40-41
3.7 Data Analysis Procedure	41
3.8 Summary.....	42
3.9 Time Line	42

CHAPTER 4: RESEARCH FINDINGS

4.0 Introduction.....	43-44
4.1 Descriptive Statistics.....	45
4.1.1 Gender.....	45-46
4.1.2 Age.....	46-47
4.1.3 Race.....	47-48
4.1.4 Religion.....	48-49
4.2 Univariate Statistics	
4.2.1 Self-esteem.....	49-51
4.2.2 Overall Aggression.....	51-52
4.2.3 Relationship between Self-esteem and Aggressive.....	52-54
4.2.4 Self-esteem and Gender.....	54-55
4.2.5 Self-esteem and Age.....	55-57
4.2.6 Self-esteem and Race.....	57-59
4.2.7 Self-esteem and Religion.....	59- 60
4.2.8 Aggressive and Gender.....	60- 62
4.2.9 Aggressive and Age.....	62- 63
4.2.10 Aggressive and Race.....	63-65
4.2.11 Aggressive and Religion.....	65-67
4.2 Summary.....	67-68

CHAPTER 5: DISCUSSION

5.0 Introduction.....	69
5.1 Discussion of research findings.....	69-71
5.1.1 Discussion on the self-esteem and aggressive among the Residents.....	72

5.1.2 Discussion on the self-esteem across gender.....	72
5.1.3 Discussion on the self-esteem across age.....	73
5.1.4 Discussion on the self-esteem across race.....	73
5.1.5 Discussion on the self-esteem across religion.....	73-74
5.1.6 Discussion on the aggression across gender.....	74
5.1.7 Discussion on the aggression across age.....	74
5.1.8 Discussion on the aggression across race.....	75
5.1.9 Discussion on the aggression across religion.....	75
5.2 Contribution of the study.....	75
5.2.1 Contribution to Children's House.....	76
5.2.2 Contribution to Future Researches.....	76
5.3 Limitation of the study.....	76
5.3.1 Methodology Limitation.....	76-77
5.3.2 Resources Limitation.....	77
5.4 Recommendation of study.....	77
5.4.1 Recommendation for Children's House.....	77
5.4.2 Recommendation for further researches.....	78
5.5 Conclusion.....	78-79
5.6 Summary.....	79
REFERENCES.....	80-84
APPENDIX.....	85-89

LIST OF TABLES

Table 4.1 Case Processing Summary.....	44
Table 4.2 Overall reliability statistics Cronbach's Alpha.....	44
Table 4.3 Reliability statistics Cronbach's Alpha of Rosenberg Self Esteem Sale (RSE).....	44
Table 4.4 Reliability statistics Cronbach's Alpha of Buss Perry Scale.....	44
Table 4.5 Reliability statistics.....	44
Table 4.6 Description statistics of respondent's gender.....	45
Table 4.7 Descriptive Statistics of Respondent's Age.....	46
Table 4.8 Descriptive Statistics of Respondent's Race.....	47
Table 4.9 Descriptive Statistics of Respondent's Religion.....	48
Table 4.10 The percentage of self-esteem.....	49
Table 4.11 Descriptive Statistics of Respondent's self esteem.....	50
Table 4.12 Descriptive Statistics of Respondent's overall aggressive.....	51
Table 4.13 Mean of independent variables.....	52
Table 4.14 Descriptive statistics of self-esteem and overall aggression.....	53
Table 4.15 Correlation between self-esteem and overall aggression.....	53
Table 4.16 Descriptive statistics of self-esteem and gender.....	54
Table 4.17 Mean and standard deviation of self-esteem based on gender.....	55
Table 4.18 independent T-test based on respondent's gender.....	55
Table 4.19 Descriptive statistics of self-esteem and age.....	56
Table 4.20 Descriptive statistics of age group.....	56
Table 4.21 test of homogeneity of variances of self-esteem.....	56
Table 4.22 Anova of self-esteem and age.....	56
Table 4.23 Descriptive statistics of self-esteem and race.....	57
Table 4.24 The descriptive statics of self-esteem across the race.....	58
Table 4.25 Anova of self-esteem and race.....	58

Table 4.26 Descriptive statistics of self-esteem and religion.....59

Table 4.27 The descriptive statics of self-esteem across the religion.....59

Table 4.28 Test of Homogeneity of Variances of self-esteem.....60

Table 4.29 Anova of self-esteem and religion.....60

Table 4.30 Descriptive statistics of overall aggression and gender.....61

Table 4.31 Mean and standard deviation of overall aggression based on gender.....61

Table 4.32 Independent T-test based on respondent’s gender.....61

Table 4.33 Descriptive statistics of overall aggression and age.....62

Table 4.34 The descriptive statistics of overall aggression across the age.....63

Table 4.35 Test Homogeneity of overall aggression and age.....63

Table 4.36 of Anova of overall aggression and age.....63

Table 4.37 Descriptive statistics of overall aggression and race.....64

Table 4.38 The descriptive statistics of overall aggression across the race.....64

Table 4.39 Test of homogeneity of overall aggression and race.....64

Table 4.40 Anova of overall aggression and race.....65

Table 4.41 Table of statistics.....65

Table 4.42 Descriptive statistics of overall aggression and religion.....66

Table 4.43 Test of Homogenity of Variances of overall aggression.....66

Table 4.44 Anova of overall aggression and religion.....66

LIST OF FIGURES

Figure 1: Conceptual Framework.....	7
Figure 2. the taxonomy of response mode.....	16
Figure 3. the aggressive behaviors of narcissism.....	29
Figure 4. Data collection procedure.....	41
Figure 5. Percentage of respondent's gender.....	45
Figure 6. Percentage of Respondent's Age.....	46
Figure 7. Percentages of Respondent's Race.....	47
Figure 8. Percentages of Respondent's Religion.....	48
Figure 9. Percentages of Respondent's Self-esteem.....	49
Figure 10. Level of Respondent's self esteem.....	50
Figure 11. Level of Respondent's overall aggression.....	51
Figure 12. Scatter plots of overall aggression and self-esteem.....	53

ABSTRACT

There is a strong linking between the self-esteem and aggressive behavior that has been proven from previous study. However, there is a debate that low self-esteem is the factor that causes the aggressive behaviour in order to boost up the self-esteem. While, the other side claimed that individual with high self-esteem or narcissism are the one who tend to be aggressive in order to protect their pride. In this study, the relationship between self-esteem and aggressive behavior among adolescent will be discussed. Furthermore, participants' demographic will be included in order to see the linking between their self-esteem, aggressive behaviour and background. There are four demographic background included in this study, which are age, race, gender and religion. This study is in the form of quantitative. The questionnaires are collected from 64 participants from Salvation Army Girl's House and Boy's House that aged below 18 years old. Data collected are analyzed by using Pearson correlation, independent T-test and Anova. Our studies show that adolescent who are male and younger tend to be aggressive as compare to other. Hence, the children house should understand children's behaviour and pay more attention to the one who likely to develop aggressive behaviour.

Keyword: aggressive, self-esteem, adolescent, gender, age, religion, race

ABSTRAK

Terdapat pautan kuat antara harga diri dan tingkah laku agresif yang telah terbukti daripada kajian yang terdahulu. Walau bagaimanapun, terdapat perdebatan rendah diri adalah satu faktor yang menyebabkan tingkah laku yang agresif untuk meningkatkan keyakinan dalam diri. Manakala, pihak lain mendakwa individu dengan keyakinan diri yang tinggi atau narcissism adalah satu yang cenderung lebih agresif dalam perintah untuk melindungi kebanggaan mereka. Dalam kajian ini, hubungan antara harga diri dan tingkah laku agresif antara remaja akan dibincangkan. Selain itu, demografi peserta juga diujikan untuk melihat pautan antara keyakinan diri, tingkah laku agresif dan latar belakang mereka. Terdapat empat latar belakang demografi yang dimasukkan dalam kajian ini, adalah umur, jantina, bangsa dan agama. Kajian ini adalah dalam bentuk kuantitatif. Dalam borang soal selidik yang diambil dari 64 orang peserta dari rumah kebajikan Salvation Army dan rumah lelaki yang berumur di bawah 18 tahun. Data yang dikumpul dianalisis menggunakan Pearson Correlation, T-test dan Anova. Papar pengajian kami bahawa remaja yang muda dan lelaki cenderung untuk menjadi agresif sebagai berbanding dengan lain-lain. Oleh yang demikian, rumah kebajikan perlu memahami tingkah laku kanak-kanak dan memberi lebih perhatian kepada satu yang cenderung membangunkan tingkah laku yang agresif.

Kata Kunci: agresif, harga diri, remaja, jantina, umur, bangsa, agama

CHAPTER 1: INTRODUCTION

1.0 INTRODUCTION

In this chapter, background of aggression and self-esteem will be discussed. Besides that, there are problems existed between the views from researchers, some of them are contradicted to each other such as low self-esteem theory and threatened egotism theory. So in this research, we aim to study and understand the relationship between self-esteem and aggressive behavior among the children. Furthermore, their demographic profile will be studied for purpose of this study. Hopefully, the study will raise the awareness of guidance or parents on the self-esteem and aggressive behavior among the children. However, few problems are detected that limited the study.

1.1 Background of study

The self-view and self-esteem in children strongly associated with their behavior. Self-esteem is an overall self-evaluate in either good side or bad side. It also indicates the extent of the worthiness of him or her life. How they perceived themselves in their life affects their attitude and behaviour. There is a strong association between low self-esteem and depression. Depression could greatly affects our view to oneself or the world in negative way and creates sadness feeling in our view. Lack of positive self-regards cause psychological problem, one of the psychological problems is aggressive behavior

Aggression is a behavior that existed in different kind of form, which ranged from cursing or shouting verbally to killing or punching physically to cause harm in other people or objects. Most of the time, aggression are defined wrongly in general which does not reach the definition by scientists. For instant, people used to call active worker or salesinan are aggressive or exhort boxing player to be more aggressive. But none of it fits the criteria of aggressive, aggressive is a behavior that intended harm other people that can be done in many forms either verbally or physically. They aim to hurt people in term of emotion or physical or both. Singer, Anglin, Song, and Lunghofer (1999) defined aggression is the behavior that is intended to cause or harm, humiliation, antisocial behaviour, pain, depression, anxiety, dissociation, and other trauma related symptoms as well as problems in emotion regulation. There are several types of aggressive, which are physical aggressive, anger, hostility and verbal aggressive. These type of behavior must be done intentionally and aim to cause hurt in other people. Action such as accidentally pushes people fall down and injured that people are not considered as harin.

Aggressive behavior among the children has become a big issue to society. Aggressive behavior among children is the most common and noticeable social problem.

“Aggression and violence levels have drastically increased among adolescents and young adults in recent years” (Paternite, Simons, & Shore, 2001). Children are highly exposure to aggression that came from different sources, which are from family, peers, community and media. The highly exposure greatly increases the risks on the development of aggressive behavior among children. Aggression among children will causes negative outcomes either to the children or people surrounding, such as peer rejection, continued to execute the aggressive and vandalism. There is also evidence showed that “exposure to violence as a child is a risk factor for the development of aggressive behaviour in later life” (Farrington, 1998). The aggression among children will develop from small harm to serious crime such as fighting and killing in their later life.

There are several causes that can lead to aggressive behaviour, which are mental health, relationship with others, family management, individual traits, life experience and environment. Sometimes children and teenagers may find it hard to cope with changes in their life such as new challenges and new environment. They may also face the problem to cope with their emotion such as stress and frustration. Life challenge and new environment may increase the level of stress and frustration which encourage the behavior of aggressive of children and teenagers especially during their puberty. They may face difficulties to control their emotion and hard to calm themselves. They may have the difficulty to describe and figure out the causes of their frustration and turn to aggressive to express their frustration.

Aggressive children are not born naturally in that way, they learn from behavior. According to Bandura's social learning theory (1997) and social interactional theory, children learn thing through social behavior. “Children aggressive behavior as one may see it is feared and worrisome which results from the interaction between individual development and social settings like school, family and community” (Duru, Redzuan, Hamsan, & Shahrinin, 2015). School management, family structure and peer pressure play very important role to the

aggressive behavior in children. Besides that, family or school management is also another factor that can develop the behavior of aggressive in children. They will imitate the behavior of their family member behavior from their daily life. Parents or guidance must be careful with their action, because they may unintentionally encourage this kind of behavior by rewarding or ignoring their behavior. Sometimes children will tend to be aggressive to get the attention from other people. Furthermore, the attitude of children and peer also plays key roles in developing the behavior of aggressive in children. Optimistic attitude towards aggression boost the aggressive behavior in children. The social media also plays important role in impact the aggressive behaviour among children. Social media that consisted of violent may causes children have to be more aggressive, when they are exposure in violent content of social media. The violent content in television programs make them feel less sensitive towards the pain of other and become more aggressive and harmful towards other people. Most of the adolescent or children like to play video game. Famous video games such as "Grand Theft Auto" and "Counter Strike" that involved shooting, blood and killing to score high mark cause impact on aggressive behaviour among children. They will apply the actions they have in video games into their real life. This kind of content increases the aggressive cognition, aggressive behaviour and decreases their empathy towards others.

. Individuals with low self-esteem express themselves by behaving aggressive and antisocial. Children with low self-esteem seen themselves as nothing much to lost and always focus on their weak side are found to be behave aggressive. They believed that the aggression as a behavior that can bring them independence and power. They also assumed that they can hide their weak side and rise up their self-esteem by behaving aggressive towards their peers. Moreover, researchers also found that individual with high self-esteem have higher chances to be aggressive, they will attempt to hurt other people when someone

risk their view. They have tendency to become aggressive in response to the people who have threat or insult their favorable self-view.

1.2 Problem Statement

Earlier studies show that the individuals with low self-esteem tend to behave aggressively in order to raise their self-esteem. However, some researchers claimed that people who conducted aggressive more likely are high self-esteem who faced threat to their favourable self-view, and they only will turn aggressive when there is a threat or insult to certain people who question their self-view. No aggression will be conducted towards the innocent or third person.

On the other hand, the recent studies focus on the understanding the link between the self-esteem and peer-esteem on the aggressive behavior. The people surrounding or children keep in touch with might affect the aggressive behavior of the children. Peer-esteem acts as a mediator at this point. When the self-esteem of a children is higher or lower than the peer-esteem, that children tend to be aggressive. However, when the self-esteem of a children is almost the same level as the peer-esteem, there are likely to have healthy relation with each other, which are reported the least possibilities to behave aggressively for that children.

There are very few studies conducted in the field of self-esteem and aggression behavior among the children. Hence, this study is conducted to highlights the topic of self-esteem and aggressive behavior among children.

1.3 Objective

1.3.1 General Objective

To determine whether there is a relationship between self-esteem and aggressive behavior among residents of Salvation Army house.

1.3.2 Specific Objectives

1. To study the self-esteem among the residents in the Salvation Army children.
2. To study the aggressive among the residents in the Salvation Army children.
3. To study the relation between the self-esteem and aggression among the residents in the Salvation Army House.
4. To compare the self-esteem among residents of the Salvation Army House across their demographic profile.
5. To compare the aggression among the residents of the Salvation Army House across their demographic profile.
6. To suggest the method to reduce aggressive.

1.4 Hypothesis

H_{01} : There is no different in the self-esteem among the residents in the Salvation Army Children House.

H_{02} : There is no different in the aggression among the residents in the Salvation Army Children House.

H_{03} : There is no relationship between the self-esteem and aggression among the residents in the Salvation Army House.

H_{04} : There is no difference of self-esteem among the residents of the Salvation Army House across their demographic profile.

H_{05} : There is no difference of aggressive among the residents of the Salvation Army House across their demographic profile.

1.5 Theoretical Framework

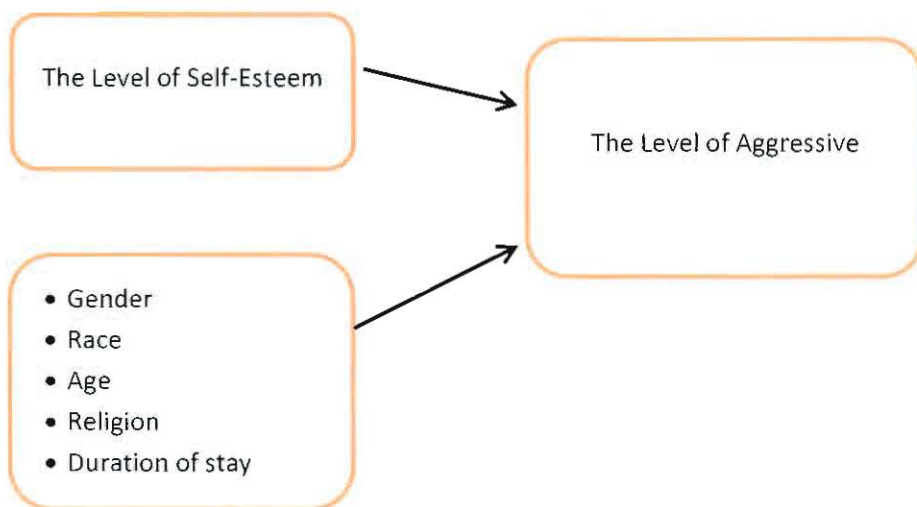


Figure 1. Conceptual Framework

Dependent Variable:

The level of aggressive used to measure the score of the respondents on different perspective of aggressive behavior which consisted of physical aggression, verbal aggression, hostility and anger,

Independent Variable:

The level of self-esteem as measured the total score of the respondents on the self-esteem instrument. The demographic factor is used to study and understand the background of respondents, which included gender, race, age, religion and duration of stay of the respondents.

1.6 Definition of Terms

1) Aggression

Conceptual definition: "The term 'aggression' may be applied to a specific behaviour that may causing another injury or creating destruction, attacking another, or simply engaging in fighting. It can refer to strong, assertive behaviour to self-imposition or an offensive-besetting manner, or a particular quality. It can refer to a disposition or an action. It may be used to refer to a host of emotional and attitudinal states such as anger, hate, hostility, etc. It may be conceived of as a personality trait, a learned habit, a stereotyped reflex, or an underlying biological process" (Dennien, 1980).

Operational definition: In this study is to measure the aggressive behaviour which included hostility, verbal aggression, physical aggression and anger. Aggression is a behavior existed among the children who are intended to cause harm in other children or peers such as punching, slapping and cursing other peers.

2) Self-esteem

Conceptual definition: McLeod (2008) define self-esteem as an extent how we accept or value ourselves of who we are that involved the degree of evaluation of positive and negative of self-view.

Operational definition: In this study is to measure the self-satisfaction and self-worth among the children in their own perspective.

3) Unfortunate children

Conceptual definition: U.S citizenship and immigration services (n.d.) consider a child is an unfortunate child without the care of parents which is due to their parents who have problem to take care of their child because of their absent (death) and difficulties of life.

Operational definition: Unfortunate children are children who live in Salvation Army House for certain period of time which their parents might be single parent and have a life problem and not be able to take care their children's daily life.

4) Physical aggression

Conceptual definition: "Physical aggression involves physically harming another person (e.g., punching, kicking, stabbing, or shooting)" (Allen, & Anderson, n.d)①.

Operational definition: Physical aggression defined as actions that occur by children in order to cause physical harm in other children. Example of action are intentionally kicking, punching and pushing other peers to cause them physical injury.

5) Verbal aggression

Conceptual definition: Gass (n.d.)^⑧ defines verbal aggression as a predisposition to violence other people self-view by giving destructive and negative form of verbal communication such as resentment, negativity and suspicious talk.

Operational definition: Verbal aggression occurred among children who are shouting, scolding and cursing other peers.

6) Anger

Conceptual definition: “Anger refers to an emotional state that involves displeasure and consists of subjective feelings that vary in intensity, from mild irritation or annoyance to intense fury and rage” (Goozen, Fridja, Kindt, & Poll, 1994)^⑨.

Operational definition: Anger refers to the emotional behaviour among the children who have problem to control and cope with their emotion and tend to express it out.

7) Hostility

Conceptual definition: “Hostility defined as negative attitude that mixes anger and disgust, and it is accompanied by feelings of indignation, disgust, contempt and resentment towards others; in occasions it can even become bitterness and violence. This cluster of negative feelings towards others” (Putchik, 1980)^⑩.